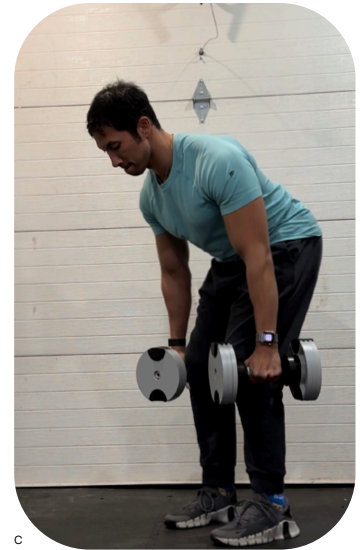


**TWO-STEP
ROMANIAN
DEADLIFT**

We'll open with a glute-focused move that's also going to challenge your abs and forearms too.

Stand holding dumbbells at your sides, then push your butt back, and lower the dumbbells until they're below your shins, keeping them close to your legs the entire time.

Begin to stand up, pausing once the dumbbells are about knee-level. Then stand all the way and squeeze your glutes.



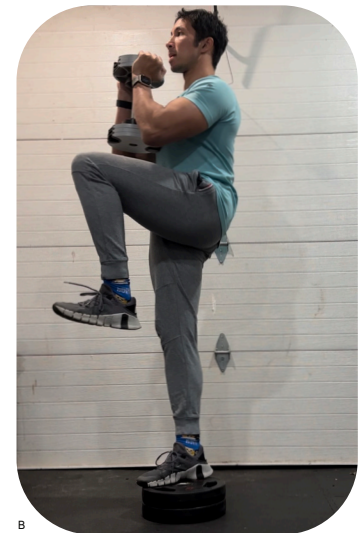
**HEELS-ELEVATED GOBLET
PAUSED SQUAT**



Now, it's onto quads. Stand with a dumbbell at your chest, heels on a 2-inch high block or weight plate. Keeping your abs tight, lower into a squat, lowering until thighs are about parallel to the ground.

Pause, then stand and squeeze your glutes. Expect to feel this in your abs, too; they're working overtime to keep your torso upright.

**ELEVATED REVERSE LUNGE
TO HIGH-KNEE**



This underrated move works quads and glutes, and makes you a better runner too. You're stealthily replicating a powerful runner's stride with every stand on a block or step, a dumbbell held at your chest, then step back into a reverse lunge, keeping your back knee off the ground.

Stand explosively, driving your back knee up to your chest. Hold, then repeat. Make sure to do 4 sets on each leg.